



FOR IMMEDIATE RELEASE

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This Week's Healthy SC Challenge Tips

First Family Encourages Healthy Changes in Nutrition, Exercise and Tobacco Use

Columbia, S.C. –October 3, 2008 - The Healthy SC Challenge is the Sanford family's effort to get all South Carolinians to do just a little more to live a healthier lifestyle. The tips are designed to encourage individuals and communities to live healthier lifestyles in three categories - nutrition, exercise and help to quit smoking. The tips can also be found on the challenge's website, www.healthysc.gov.

Healthy Tips

Nutrition

October is breast cancer awareness month. There is no sure way to prevent breast cancer. Some healthy lifestyle choices, however, may help lower your risk and have the added bonus of cutting your risk of heart disease, diabetes, colon cancer and osteoporosis. Everyone should try to:

- Be physically active and maintain a healthy weight.
- Cut down on "bad" fats (saturated and trans fats) and consume more "good" fats (polyunsaturated and monounsaturated fats, like olive and canola oil).
- Take a daily multivitamin with folic acid (often called folate on nutrition labels).
- If you drink, limit alcohol intake (to less than one alcoholic drink a day for women and fewer than two drinks a day for men). Those who drink alcohol should try to get enough folic acid, either through a multivitamin or food sources like oranges, orange juice, green leafy vegetables and fortified breakfast cereals.
- If possible, choose to breastfeed children.

It's never too late to adopt healthy behaviors. Making healthy lifestyle choices is good for people at any time in their lives. Choosing to be more physically active, eating a balanced diet or becoming more aware of overall health can be both physically and mentally rewarding at any point in life.

-Susan G. Komen Foundation, www.komen.org

Physical Activity

Why Play Tennis? Its historic moniker has been the "sport for a lifetime". But is this really true? According to world-renowned scientists from a variety of disciplines, there is no doubt that tennis is one of the best sports for you to play. There are both physical and psychological benefits. Tennis helps your aerobic fitness by burning fat and improving your cardiovascular fitness and maintaining higher energy levels; and it helps your anaerobic fitness by offering short, intense bursts of activity during a point followed by rest which helps muscles use oxygen efficiently. As for the psychological benefits, tennis teaches sportsmanship, strategy, accommodating stress effectively, etc. It's not too late for adults and seniors too! The human system can be trained and improved at any stage of life. Here's the key... you must begin playing tennis now to get these benefits throughout your lifetime. Tennis is truly the sport for a lifetime!

Want to get involved? Play tennis for a cure at the 6th Annual Ace Breast Cancer Tennis Tournament on October 10-12, 2008. This tournament originated as a means to help a tennis team member's sister with breast cancer in 2003. Every year over 40,000 women in the United States will lose their life due to breast cancer. There will be over 211,000 new cases diagnosed in 2008. All proceeds from the event are donated to the Hollings Cancer Center for research.

- Jack L. Groppe, Ph.D. for United States Tennis Association and Ace Breast Cancer, www.acebreastcancer.org

Tobacco

Most studies have found no link between cigarette smoking and breast cancer. Although some studies have suggested smoking increases the risk of breast cancer, this remains controversial. An active focus of research is whether secondhand smoke increases the risk of breast cancer. Both mainstream and secondhand smoke contain chemicals that, in high concentrations, cause breast cancer in rodents. Chemicals in tobacco smoke reach breast tissue and are found in breast milk.

The evidence on secondhand smoke and breast cancer risk in human studies is controversial, at least in part because smokers have not been shown to be at increased risk. One possible explanation for this is that tobacco smoke may have different effects on breast cancer risk in smokers and in those who are just exposed to smoke.

A report from the California Environmental Protection Agency in 2005 concluded that the evidence about secondhand smoke and breast cancer is "consistent with a causal association" in younger, mainly pre-menopausal women. The 2006 US Surgeon General's report, *The Health Consequences of Involuntary Exposure to Tobacco Smoke*, concluded that there is "suggestive but not sufficient" evidence of a link at this point. In any case, this possible link to breast cancer is yet another reason to avoid secondhand smoke.

-American Cancer Society, www.cancer.org

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The Healthy SC Challenge is an outcome-based, cooperative effort aimed at encouraging individuals, communities and organizations across the state to show shared responsibility in developing innovative ways to improve the health of South Carolina's citizens. For more information about the Healthy SC Challenge, please visit www.healthysc.gov, or call 803-737-4772.